



STAGES BREAKFAST

ENTRÉES

Double Bacon Sandwich

18

Toasted potato bun stacked with smoked bacon and seared peameal, a sunny-side-up egg, cheddar cheese, arugula, pickled red onion, and garlic dill aioli with hash brown patties or home fries.

Gluten-free option available

Eggs Benedict

18

Seared peameal bacon, poached eggs, brown butter hollandaise, chive oil, and pea shoots with hash brown patties or home fries.

Add smoked salmon **+7**
Gluten-free option available

French Toast Stack ^V

18

Vanilla custard-soaked French toast with housemade maple blueberry compote, lemon, and powdered sugar, with bacon or apple chicken sausage, and hash brown patties or home fries.

Build-an-Omelette ^{GF}

18

Three egg omelette with your choice of four fillings: cheddar, feta, bacon, peameal, apple chicken sausage, ham, pickled red onion, blistered tomatoes, mushrooms, or red pepper, with hash brown patties or home fries.

Classic Two-Egg Breakfast

18

Two eggs any style with choice of smoked bacon, peameal, apple chicken sausage, or ham, with hash brown patties or home fries and white, brown, or gluten-free toast.



FEATURES

Smashed Avocado Toast	18	Mediterranean Shakshuka	18
Grilled sourdough topped with feta, lemon-chili smashed avocado, red onion, tomato, and two poached eggs, with hash brown patties or home fries.		Poached eggs nestled in mild tomato and red bell pepper stew infused with garlic and paprika, with grilled sourdough and home fries.	
Smoked Salmon Toast	18	Sweet or Savoury Continental	18
Garlic herb cream cheese on grilled sourdough topped with smoked salmon, cucumber, tomato, red onion, and two poached eggs with hash brown patties or home fries.		Choice of chocolate or feta and spinach-filled pastry with fruit salad, gruyère cheese, and yogurt.	
Miso Mushroom Toast	18		
Sautéed oyster and cremini mushrooms with white miso, thyme, chives, and two poached eggs on grilled sourdough, with hash brown patties or home fries.			

LIGHTER FARE

Maple Berry Smoothie ^{VG GF}	10.5	Banana Berry Overnight Oats ^{VG GF}	12
A refreshing blend of berries, banana, oat milk, and maple syrup.		Rolled oats and banana soaked overnight in oat milk, topped with fresh berries and chia pudding. Served chilled.	
Sunrise Citrus Smoothie ^{VG GF}	10.5	House Blend Coffee	4
Freshly squeezed orange juice, banana, and oat milk.		Choice of regular or decaf. <i>Fairtrade Certified</i>	
Fresh Squeezed Juice ^{VG}	6	Pluck Tea	4
Choice of orange, apple, grapefruit, or cranberry.		Choice of Earl Grey, English Breakfast, Rooibos Chai, Citrus Ginger, Southbrook Berry Blend, Harvest Mint, or Fields of Green.	

